

# HOW TO GET A GUY TO GO TO THE DOCTOR

## IT'S A FACT:

Many men don't get healthcare when they need it.  
Here's how to convince the men in your life to stop putting it off and just do it.

### SHOW EMPATHY.



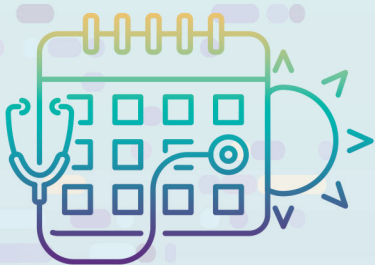
Who really likes going to the doctor, anyway? Put yourself in your man's shoes and tell him you know how he feels. Remind him that you care about him and his health.

### ASK QUESTIONS.



Is it the wait that he hates? Taking time off work? Getting undressed in a cold exam room? Awkward questions, or potential bad news? Narrowing down the problem will help you figure out your options.

### MAKE IT EASY.



Schedule routine checkups for first thing in the morning to cut down on wait time. If his current doctor is all the way across town, consider changing to someone closer.

### TRY TELEMEDICINE.



Studies show men are more likely to keep virtual visits than in-person appointments.

### HELP WITH THE HOMEWORK.



Ask if he'd like help writing down questions ahead of time, or making notes on his family medical history. Offer to go with him to the appointment so you can write down what the doctor says.

### REMIND HIM HE'S IN CONTROL.



The thought of hearing a serious diagnosis, like cancer or heart disease, is scary for anyone. If you sense he's trying to avoid bad news, help him focus on how he's taking charge of his health and planning for the future.

### DELEGATE.



Worried he may mistake your well-meaning concern as pain-in-the-neck nagging? Consider asking a trusted friend — someone who goes to a doctor regularly themselves — to chat with him instead.

### PLAN SOME FUN TIME.



Get lunch, see a movie, go bowling, or whatever makes his day after his appointment. Enjoy your time together — and thank him for taking control of his health.